Bastian Hauck is a professional sailor, author, entrepreneur – and type 1 diabetic. He is a member of the board of diabetesDE – German Diabetes-Aid, and founder of the #dedoc° Diabetes Online Community. The platform provides day-to-day, peer-to-peer motivational support for people with diabetes, with a strong focus on everyday life issues relevant to everyone living with a chronic condition like diabetes 24/7.

As a public speaker and diabetes advocate, Bastian promotes taking the patient voice seriously. The #dedoc° Diabetes Online Community translates the idea of traditional peer-to-peer support in chronic diseases such as diabetes to the online world, using social media and blogs to create strong, authentic, and self-sustaining patient communities.

As an elected Board Member of IDF Europe, he hopes to be able to provide constant feedback and insight into the ever more important role of patients’ informal support networks in the online world and would like to work on creating meaningful awareness campaigns and increase patient engagement and identification with IDF Europe and its national member associations across the continent.

Bastian holds a B.A. in Business and Economics (Private University of Witten/Herdecke, Germany, 2001), an M.A. in Middle East Studies (American University of Beirut, Lebanon, 2004), and was a scholar with the Postgraduate Program in International Affairs (Federal Foreign Office, German Academic Scholarship Foundation, Robert Bosch Foundation, 2004-2005). He worked for the German Federal Foreign Office (Berlin, 2004), the OECD (Paris, 2005), the United Nations (New York, 2005), and the German Council on Foreign Relations (Berlin, 2005-2008), then quit and took a three-year sabbatical at sea to sail around the world. His book and movie continue to motivate sailors and people with diabetes to follow their dreams.

Bastian lives and works in Berlin and Schleswig, where he runs a small shipyard. He also works as a consultant on patient-centred communication, blogger relations, and mhealth solutions. At diabetesDE -German Diabetes Aid, he focuses on awareness campaigns and patient engagement.